## SCHOOL WELLNESS POLICY III: Goals that Work



Presented by: Iowa Partners: Action For Healthy Kids & Bureau of Nutrition Programs and School Transportation



## STEPS TO CREATING A LOCAL WELLNESS POLICY

- 1. Become familiar with the regulation
- 2. Identify your policy development team
- 3. Assess the District's needs
- 4. Draft a policy
- 5. Build awareness and support



# STEPS TO CREATING A LOCAL WELLNESS POLICY (cont.)

- 6. Adopt the policy
- 7. Implement the policy
- 8. Maintain, measure and evaluate the effort



#### Policies must address\*:

- Nutrition education, physical activity and other school-based activities,
- Nutrition guidelines for all foods available on the school campus,
- Standards for reimbursable meals,

### WRITTEN POLICIES (cont)

#### (Monitoring Component of Regulation)

- Policies will be monitored, and
- Identify who will monitor the implementation.

\*These areas complete the five parts of the legislation.

### DRAFT THE POLICY (#4)

The goals you set for nutrition education and physical activity, the nutrition guidelines, and other school-based activities must consider:

- Where you would like your school district to be
- Where it is now
- Be realistic and attainable

### CONSIDERATIONS

- May want to propose several policy options for decision makers to choose from, keeping long-term goal in sight.
- List the financial implication for each.
- Look for examples of successful implementation of policies (*Making It Happen* resource).



Example 1

There will be no beverage sold with a portion size over 12 oz. excluding water and milk.

- Allowed: water,milk, fruit and vegetable juices and fruit based drinks with at least 50% juice.
- Not allowed: sodas, sport drinks, ice teas, fruit drinks with less than 50% juice.



### Less stringent policy

Example 2

There will be an equal number of healthy beverage options offered through vending.



### More stringent policy

Example 3

Use the parameters of Example 1 plus: "There will be no beverage sold through vending during the school day."



- Example 1 from NANA sample policy
  - The school will provide daily physical education (150 minutes/wk for elementary students & 225 minutes/wk for HS.)
  - Engage students in moderate to vigorous activity during class at least 50% of the physical education class time.

## Less stringent policy

The school will offer physical education class every other day for every student.





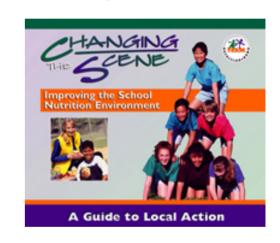
### More stringent goal



The school will offer daily physical education and engage students in moderate to vigorous activity during 75% of the physical education class time.

# DRAFT PLAN FOR IMPLEMENTATION

- What indicators will evaluate the progress.
  - Changing the Scene: Improving the School Nutrition Environmenta guide to local action.



Iowa's online assessment tool is available

at: http://www.fshn.hs.iastate.edu/schoolnutrition/

# ADDITIONAL POLICY RESOURCES

Iowa Association of School BoardsPolicy Primer



## School Wellness Policy

Support Materials and Resources

### ADDITIONAL RESOURCES

- Healthier US Challenge http://www.healthierus.gov/
- CDC's <u>Guidelines for School Health Programs to</u> <u>Promote Lifelong Healthy Eating</u> <u>http://www.cdc.gov/mmwr/PDF/RR/RR4509.pdf</u>
- Fit, Healthy, Ready to Learn (NASBE)
   <a href="http://www.nasbe.org/HealthySchools/fithealthy.html">http://www.nasbe.org/HealthySchools/fithealthy.html</a>



- Educate various audiences about your policy initiative.
- Be prepared for challenges.
- Identify potential benefits the policy can have on student learning and academic achievement.

## ADOPT THE POLICY #6

- The Board of Education must approve the Wellness Policy before it can be implemented.
- Prepare a persuasive case in support of the policy and involve policy supporters.

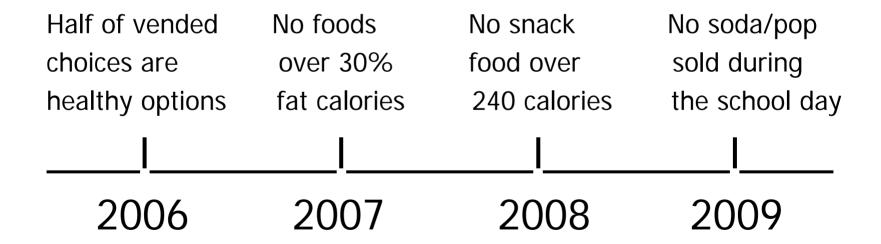


#### IMPLEMENT THE POLICY #7

- Implementation can occur all at once or may be phased-in over time. Your team is in the best position to determine which approach is likely to be most effective in your school.
- Marketing can be important to the success of the policy implementation. (i.e.., product, placement, pricing, promotion)



#### Sample Timeline for Implementation of Vending Goal





- Each school must establish a plan for measuring implementation including designating one or more person to ensure the school is meeting the policy.
- Assess the student, parent, teacher and administration satisfaction with the new policies.



### **EVALUATION** (cont)

- Did the number of students participating in nutrition education change?
- Did the students have a different number of minutes of physical activity?
- Did any of the campuses change available food options?
- Did participation in the School Breakfast or Lunch Program change?

## EVALUATION (cont)

- Did the policy address the issues identified in the needs assessment?
  - Is it making a difference?
  - What is working?
  - What is not working?
  - How can the impact of the policy be increased?



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